



Aqua Fitness Schedule

- All Classes are subject to change
- Classes are limited to 20 people
- **Must preregister for in person classes online at: www.ourclublogin.com/510529**
- **Follow us on Facebook @Emory Decatur Hospital Wellness Center**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 am	<----- Water Walk Lane 1		--	Lap Swim Lanes 2 and 3			>-----
9:00 am	Aqua Blast Sandie	Aqua Freestyle Lisa	Rejuvenate Sandie	Cardio Splash Linda	Hi Lo Aerobics Sandie	Cardio Splash Linda	Water Walking
10:00 am	<----- Water Walk Lane 1		--	Lap Swim Lanes 2 and 3			>-----
11:00 am	Rejuvenate Sandie	Going Deep Linda	30 /30 Susan	Going Deep Linda	Aqua Piyo Jamal	Water Walking	Water Walking
12:00 pm	<----- Water Walk All Lanes ----->						
1:00 pm	Hi- Lo Aerobics Hattie	Lap Swim	Hi- Lo Aerobics Hattie	Lap Swim	Tab-aqua Susan	Lap Swim	Lap Swim
2:00 pm	<----- Lap Swim --- All Lanes ----->					Water Walking	Water Walking
3:00 pm	<----- Water Therapy and Walking All Lanes ----->					Water Walking	Water Walking
5:00 pm	<----- Lap Swim --- All Lanes ----->						
6:00 pm	Aqua Freestyle Linda	Hi Lo Aerobics Hattie	Boot Camp Hattie	Hi Lo Aerobics Hattie			
7:00 pm	<--- Water Walk Lane 1		--	Lap Swim Lanes 2 and 3			----



Aqua Group Class Descriptions

30/30

Targeted strength movements for 30 minutes plus Aqua Aerobics for 30 minutes provide a total fitness workout.

Aqua Blast!

High Low aerobics and so much more in this full body workout using resistance and speed to challenge your muscles and increase your stamina.

Aqua Freestyle

Fluid movement combined with cardio fitness improves flexibility and muscle tone.

Aqua Hi-Lo Aerobics

Cardio, cardio, cardio but did I mention you're building muscles as you increase your heart rate? All your familiar moves at a heart strengthening pace.

Aqua Piyo

Stretch your body and strengthen your core in this fun adaptation of pilates and yoga for the pool.

Cardio Splash

Fun cardio workout targeting upper body using water weights and noodles

Going Deep!

Deepwater walking, running, and more. Fitness and toning for everyone. Challenge your stamina and use more upper body strength as you venture into the deep end. Swimbelts are available for this class.

Rejuvenate

Gently work through a series of movements to rejuvenate your achy joints or just enjoy a flowing class to get your body moving.

Tab-Aqua

Bring on those intervals! This fast-paced class offers movements for everyone. Ready to increase your heart rate? Like to change things up? Tab-Aqua is your class in this Tabata style session. Little bursts of energy followed by a short rest to regroup.